



# Menopause Network



## Redefining Menopause Support in Queensland

More than **51%** of the population in Australia will experience Menopause, yet it continues to remain a stage in life that most aren't prepared for nor supported through.

### Aim:

To increase the well-being, health literacy, and social connectedness of people experiencing menopause across Queensland, particularly those from priority communities.

### What We Were Told:

To gain a better understanding of menopause-related needs, a Queensland-wide survey was conducted with participation from over 100 individuals. The findings provide valuable insight into the forms of support, information, and connection most sought by this population group, and will inform the ongoing design and delivery of the Menopause Network.

## The Menopause Network

The Menopause Network has been created in response to these survey findings.

### They key offerings of the Network include:

#### 1. Peer Support Groups

The Menopause Network partners with local communities to host casual peer meet-ups. Safe, inclusive, and welcoming for the purposes of connection, shared experience, and support.

#### 2. Community Education

The Network delivers education sessions to empower through knowledge. Sessions run alongside peer groups or as stand-alone events, delivered by the Network team or in collaboration with local healthcare providers.

#### Impact So Far

This year, the Menopause Network has focused on regional and rural Queensland, delivering education sessions and peer group meet-ups to **more than 80 people across the state**.

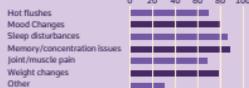
The response has been overwhelmingly positive, as one participant shared:

"Please keep these sessions going. The more we talk about it and support each other, the more empowered we become to share with confidence and knowledge when asked. Knowledge is powerful. Support is necessary."



### Some findings include:

#### Symptoms Experienced During Perimenopause



#### Peer Support Group Participation Interest



#### What Information Are You Looking For?



#### 3. Mentoring

Local women and gender diverse people are supported to become peer mentors. A mentor offers guidance and encouragement to others in their community. Trained to provide reliable information and connection to health services, mentors reduce isolation and build confidence.

#### 4. Online Hub

The Menopause Network's Online Hub is a **FREE** one-stop platform for menopause support.

##### It includes:

- Forums for discussions and connection
- A curated library of trusted resources
- Event listings and peer group information
- Opportunities to access mentors and share stories
- Monthly news articles



Explore the online hub and join the Menopause Network.

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